

# Moms2B: Addressing Maternal and Infant Health Disparities by Empowering Mothers

## Purpose

The Moms2B program integrates social and clinical education and support to reduce the underlying factors causing preterm births and infant deaths directly addressing social determinants of health.

Moms2B works to improve infant mortality rates by weekly sessions educating on topics related to nutrition and maternal and infant health, including breastfeeding, labor and delivery, safe spacing, and safe sleep practices, assessing and addressing immediate maternal needs including housing instability and food insecurity, and linking moms to outside agencies to meet their education and employment goals.

## Impact

Since the program's inception in September 2010, 311 women have been enrolled into the program. In addition, almost 200 babies have been welcomed into the world!

An evaluation of program impact revealed that 100% of participants agree and/or strongly agree that because of Moms2B they have a better understanding of their personal health, know the importance of eating healthy, and would recommend Moms2B to a friend.

In 2010, only 33% of our participants reported initiating breastfeeding while in the hospital. Today, almost 70% of our moms initiate breastfeeding immediately following birth.



### Ohio State Colleges/Units Involved

College of Medicine  
College of Social Work  
College of Nursing  
College of Public Health  
The Ohio State University Wexner Medical Center

### Community Partners Involved

United Way of Central Ohio  
New Directions  
Healthy Families  
Mount Carmel Health Systems  
Columbus Neighborhood Health Centers  
Kroger Corporation  
Columbus Public Health  
Governor's Office of Community and Faith Based Initiatives  
CareSource



## Contact

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**2015 Emerging Community Engagement Award**